Senior Center of Leesburg 102 North Street NW Leesburg, VA 20176

703-737-8039

www.loudoun.gov/seniorsleesburg

Part of the Area Agency on Aging a Division of



Center Hours: Mon./Wed./Thurs./Fri. 9:00am-5:00pm

> Tuesdays 9:00am-8:00pm

Saturdays/Sundays CLOSED (Available for Rental)

Closed Friday, November 10th, 2017; Wed., November 22nd at noon, Thursday, November 23rd and Friday, November 24th in observance of County Holidays

> Staff: Manager: Casmera Lebron 703-737-8005

Assistant Manager: Cheryl Wheeler 703-771-5156

Café Supervisor: Jackie Mayne 703-737-8040

Activity Coordinator: Sue Depoy 703-771-5675

Customer Service: Jennifer East 703-777-0358

Vehicle Operator: Diane Simmons 703-771-5014

Vehicle Operator: Dave Keyes 571-258-3437

HDM Coordinator: Debra Mobley 703-771-5012

HDM Program Assistant: Erica Dodson 703-737-8034

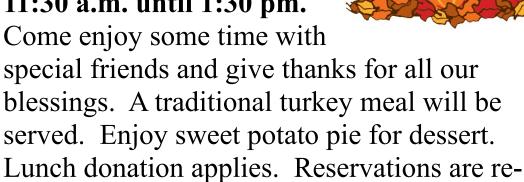
CENTER NEWS

THE SENIOR CENTER OF LEESBURG November 2017 Edition

THANKSGIVING

Thursday, November 16th, 11:30 a.m. until 1:30 pm.

quired by 11/9. Seating is limited.



Manager's Note (Cassie's Corner)

Hello Everyone!

As we enter this time of year I want you all to make sure to pay attention to the various holiday closings. We will be closed November 10th, 22nd (starting at noon), 23th and 24th in observance of Veterans Day and Thanksgiving Day. Signs will be posted prior to the holiday on the front lobby door. Also, as we enter the winter season please be aware of the inclement weather policy.

A friend of mine shared something with me that I thought was a pearl of wisdom about how we use our words. It's about thinking before we speak used in an acronym:

Think (before you speak)
Honest (Be honest)
Inspiration (Be an inspiration)
Necessary (Ask yourself is it necessary to say)
Kind (Be kind always)

Thank you! Cassie

"Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough." – *Oprah Winfrey*

SENIOR MOMENTS.....

All Senior Center of Leesburg Members who are highlighted in each of our newsletters have been nominated for submission. Please submit any nomination you may have for recognition in our Member Highlights to Sue Depoy by the 8th of the month. As always, each and everyone of you are what makes the Senior Center of Leesburg such a wonderful place to be!



Hearing Help with Debbie Jones Monday, November 13th, 2017 10:00am-Noon

Debbie will answer questions, share information and display devices to assist those who are deaf or hard of hearing. The Northern Virginia Resource Center.



Services for Seniors with Kathy Kehoe

Friday, November 3rd Friday, November 17th

Rummikub Tournament Winners



October 11th, 2017

1st Place-Jackie Nelson (Gold)

2nd Place-Cathy Ramuglia (Silver)

3rd Place-Diane Matthews (Bronze)





Let's Talk Circle of Support Monday, November 20th, 2017 10:30am

Share your thoughts, concerns, and problems with others in transition.



NORTHERN VIRGINIA SENIOR OLYMPICS

Rita and Eli waiting to compete in the Northern Virginia Senior Olympics-Pickleball. Congratulations to all who participated and to all the medal winners.



ADVISORY BOARD NEWS

It is time for your Advisory Board to let you know what we are doing for you. It is one of our missions to field any concerns from you or the staff and negotiate resolutions. Fortunately, we are not aware of any real concerns either from the staff or the members, so that part of our mission has been remarkably easy.

Another mission is to provide funds to support programs and events essential to the Senior Center. These funds have been primarily raised by gift shop sales and raffles. We have some funds earned in years past which we are excited to announce will be used for some wonderful improvements:

- We will be purchasing a new TV and TV cart, so that the picture can be big enough to be seen and loud enough so the sound can be heard.
- We will also be paying half the cost of a new treadmill to replace one that is terribly outdated.
- We anticipate that there may be a need to provide materials for a new "Adult Coloring" class.
- Our Ukulele group has begun teaching ten new players. We hope we will be able to support with necessary supplies to make this activity successful.

If your group has a funding request and would like the Advisory Board to support their program, start by filling out an application. These are available from the Senior Center Manager.

Have fun and keep smiling,

Fred Underwood

On Wednesday, October 11th, The Senior Center of Leesburg celebrated October birthdays for the following members who attended the celebration.

Pictured: Manou Akbari, Lovela Beel, Jay Dacanay, Sergio D'Onofrio, Julia Ferreira, Barbara Halfmann, Bob Ianson, Lewis Lupisella, Prince Owusu-Sampah, and JoAnn Taylor

OCTOBER BIRTHDAYS!!



Happy Birthday to all our October birthday month members!



CLASSIC MOVIE MONDAY

"The Philadelphia Story"

Monday, November 6th Free



MOVIE DAY/NIGHT

"Megan Leavey"

A movie you won't want to miss!

11/28/17, Tues., 5:00 PM 11/29/17, Wed., 12:30 PM



The Senior Center of Leesburg NOVEMBER 2017

Open: Monday, Wed., Thurs., Fri. 9 am-5pm, Tues. 9am-8pm

Open: Wonday, Wed., Thurs., Fri. 9 am-5pm, Tues. 9am-8pm				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	<u>FRIDAY</u>
Please join us for a traditional Thanksgiving Feast Thursday, Nov. 16th 11:30am Free Event Meal Donation Registration Required * * * Deadline to Register Thursday November 9th	HOLIDAY SHOPPING TRIP TO DULLES TOWN CENTER Wed., Nov. 1st 10:45A-1:30P \$1.00 RR	1 9:30am Badminton 10:00am Blood Pressure Vs 10:00am Gift Shoppe 10:30am Belly Dancing 10:30am Basic Spanish II RR 10:45am Dulles Holiday Shopping Spree RR 11:00am Bible Study w/Iris 12-2pm Beg./Int. Line Dance 12noon Lunch Donation RR 12:30pm Mahjongg 1:00pm Current Events 1:00pm Spanish Practice 2:30pm Pickleball	9:00am Goose Creek Bridge 9:00am Texas Hold'em 9:30am Yoga and Laughter 10:30am Pokeno 10:30am Taijiquan 11:00am Guest Speaker: Library Orientation 12 noon Lunch-RR-Donation 12:00pm Line Dance w/Vinny 12:30pm Uke Class & Sing Along 1:00pm Advisory Board Mtg 1:00pm Pinochle 2:30pm Pickleball	9:00pm Pickleball 9:00am Stitch'n'B/Crochet 10:00am Gift Shoppe 10:30amLine Dance w/Vinny 11:00am Services for Seniors with Kathy Kehoe RR 12 noon Lunch-RR-Donation 12:45pm Bingo with Gail 1:00pm Loud. Bridge Buffs 1:00pm Guitar w/Terry 1:00pm Folk Dance Class 1:15pm Technology Assistance RR 2:00pm Canasta/Hand&Foot 2:30pm Body & Mind Works
9:00am Stitch'n'B/Crochet 9:30am Badminton 10:00am Gift Shoppe 10:00am Wii Bowling Tournament RR 10:00am O'Heck/Bid Whist 10:00am Prayer w/Judy 11:00am Tai-Chi 12 noon Lunch-RR-Donation 12:30pm Classic Movie Monday: The Philadelphia Story 12:30pm Upstairs Ping Pong 12:30pm Art Studio w/ Carol 12:45pm Wii Bowling 1:00pm Setback Card Game 2:30pm Pickleball	9:00am Pickleball 9:00am Texas Hold'em 9:30am Quiltmaker's Club 9:30am Euchre/Mex. Train 10:00am Aerobic Dance Class 11:00am Yoga w/Nargis 12 noon Lunch-RR-Donation 12:45pm Intermediate Ukulele Class RR 1:00pm Party Bridge 1:00pm Bingo w/ Billy 1:00pm Writer's Roundtable 1:00 pm Folk Dance Class 2:00pm Woodburning 2:30pm Body & Mind Works 4:30pm Pickleball 5:00pm Canasta/Hand & Foot	9:30am Badminton 10:00am Gift Shoppe 10:00am Book Club 10:30am Belly Dancing 10:30am Crafts w/Minda 10:30am Basic Spanish II RR 11:00am Bible Study w/Iris 12-2pm Beg./Int. Line Dance 12noon Lunch Donation RR 12:30pm Nov. Birthdays RR 12:30pm Drawing RR 12:30pm Mahjongg 12:45am Shop at Walmart 1:00pm Current Events 1:00pm Spanish Practice	9:00am Veterans Day Breakfast RR 9:00am Goose Creek Bridge 9:00am Texas Hold'em 9:30am Yoga and Laughter 10:30am Pokeno 10:30am Taijiquan 11:00 Diabetes Support Grp 12 noon Lunch-RR-Donation 12:00pm Line Dance w/Vinny 12:30pm Uke Class & Sing Along 1:00pm E-Comment 1:00pm Pinochle 2:30pm Pickleball	Closed Friday November 10th In Observance of Veterans Day
9:00am Free Haircuts 9:00am Stitch'n'B/Crochet 9:30am Badminton 9:30am Investor's Discussion 10:00am Gift Shoppe 10:00am O'Heck/Bid Whist 10:00am Prayer w/Judy 10:00am Hearing Help with Debbie Jones 11:00am Guest Speaker: Reducing Inflammation 11:00am Tai-Chi 12 noon Lunch-RR-Donation 12:30pm Upstairs Ping Pong 12:30pm Art Studio w/ Carol 12:45pm Wii Bowling 1:00pm Setback Card Game 2:30pm Pickleball	14 9:00am Pickleball 10:00am Texas Hold'em 9:30am Quiltmaker's Club 9:30am Euchre/Mex. Train 10:00am Aerobic Dance Class 11:00am Yoga w/Nargis 12 noon Lunch-RR-Donation 12:45pm Intermediate Ukulele Class RR 1:00pm Party Bridge 1:00pm Bingo w/ Billy 1:00pm Writer's Roundtable 1:00 pm Folk Dance Class 2:00pm Woodburning 2:30pm Body & Mind Works 4:30pm Pickleball 5:00pm Canasta/Hand & Foot	15 9:30am Badminton 10:00am Gift Shoppe 10:30am Belly Dancing 10:30am Basic Spanish II RR 11:00am Bible Study w/Iris 12-2pm Beg./Int. Line Dance 12noon Lunch Donation RR 12:30pm Mahjongg 12:45am Shop at Giant 12:30pm Drawing Class RR 1:00pm Current Events 1:00pm Spanish Practice	9:00am Goose Creek Bridge 9:00am Texas Hold'em 9:30am Yoga and Laughter 10:30am Pokeno 10:30am Taijiquan 11:00am Guest Speaker: Brain Neurobics 11:30am Thanksgiving Feast RR 12 noon Lunch-RR-Donation 12:00pm Line Dance w/Vinny 12:30pm Ukulele Class and Choral Sing Along 1:00pm Pinochle 1:00 E-Comment 2:30 Pickelball	9:00am Pickleball 9:00am Stitch'n'B/Crochet 10:00am Gift Shoppe 10:30amLine Dance w/Vinny 10:00am Photo Club 11:00am Services for Seniors w/Kathy Kehoe RR 12 noon Lunch-RR-Donation 12:45pm Bingo with Gail 1:00pm Guitar w/Terry 1:00pm Loud. Bridge Buffs 1:00pm Folk Dance Class 2:00pm Canasta/Hand&Foot 2:30pm Body & Mind Works



NOVEMBER BIRTHDAYS

will be celebrated Wednesday, November 8th 12:30pm

TWO BIRTHDAY GUESTS WILL HAVE A CHANCE TO WIN GIFT CARDS IN OUR RAFFLE!

Tuesday, November 7th.

November 2017 - Just some dates to note!.....

Sun., November 5th Tues., November 7th Fri., November 10th Sat., November 11th Sun., November 12th Mon., November 13th Tues., November 14th Wed., November 15th Fri., November 17th Tues., November 21st Thurs., November 23nd Fri., November 24th Mon., November 27th Tues., November 28th

Daylight Saving Time Election Day County Holiday Closed Veteran's Day National Pizza Day World Kindness Day Pickle Day America Recycles Day World Peace Day World Hello Day

Thanksgiving-County Holiday Closed **Black Friday-County Closed** Cyber Monday Giving Tuesday

FRIDAY



PLEASE MAKE A NOTE-No Exceptions!

As the season begins to change, the lobby doors to the center do not open until 8:45 am. Be prepared to wait in your car or bundle up.

THURSDAY

Reserve your lunch and spot at the birthday table by noon reminder... **TUESDAY MONDAY**

WEDNESDAY 22 23

> 9:30am Badminton 10:00am Gift Shoppe 11:00am Bible Study w/Iris

Center Activities will have limited availability. Please call for more information.

> Closed at Noon

No Transportation and No Lunch

Closed Thursday and Friday November 23rd & 24th

24

In Observance of **Thanksgiving**



2:30pm Pickleball

9:00am Stitch'n'B/Crochet

9:30am Investor's Discussion

10:00am O'Heck/Bid Whist

12 noon Lunch-RR-Donation

1:00pm Setback Card Game

10:00am Prayer w/Judy

10:30am Library Tour

12:45pm Wii Bowling

2:30pm Pickleball

11:00am Tai-Chi

9:30am Badminton

10:00am Gift Shoppe

9:00am Stitch'n'B/Crochet

10:00am O'Heck/Bid Whist

9:30am Badminton

10:30am Let's Talk

11:00am Tai-Chi

10:00am Gift Shoppe

10:00am Prayer w/Judy

20

12:30pm Art Studio w/ Carol 12:45pm Wii Bowling 1:00pm Setback Card Game

12 noon Lunch-RR-Donation

12:30pm Upstairs Ping Pong

21

9:00am Texas Hold'em 9:00am Pickleball 9:30am Quiltmaker's Club 9:30am Euchre/Mex. Train

10:00am Aerobic Dance Class 11:00am Yoga w/Nargis 12 noon Lunch-RR-Donation 12:45pm Intermediate Ukulele Class RR

1:00pm Party Bridge 1:00 pm Folk Dance Class 1:00pm Bingo w/Billy 1:00pm Writer's Roundtable 2:00pm Woodburning 2:30pm Body & Mind Works 4:30pm Pickleball 5:00pm Canasta/Hand & Foot

28

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1:00 pm Folk Dance Class 2:00pm Woodburning 2:30pm Body & Mind Works 4:30pm Pickleball 5:00pm Canasta/Hand & Foot 5:00pm Movie Night: Megan

29

9:30am Badminton 10:00am Gift Shoppe 10:30am Belly Dancing 10:30am Crafts w/Minda 10:30am Basic Spanish II RR 11:00am Bible Study w/Iris 12-2pm Beg./Int. Line Dance 12noon Lunch Donation RR

12:30pm Mahjongg 12:45am Shop at Marshalls 12:45pm Movie Day: Megan Leavev

1:00pm Current Events 1:00pm Spanish Practice 2:30pm Pickleball

30

9:00am Goose Creek Bridge 9:00am Texas Hold'em 9:30am Yoga and Laughter 10:30am Pokeno 10:30am Taijiquan

12 noon Lunch-RR-Donation 12:00pm Line Dance w/Vinny 12:30pm Ukulele Class and **Choral Sing Along** 1:00pm Pinochle 1:00 E-Comment 2:30 Pickelball

Please know that when our parking lot is full, you can park on the street (Old Waterford Road, along the sports field).



Leavey



November 27th 10:30—11:45 am

Take your dreams off the shelf and check it out!

Tour of Rust Library with Dena Henchen Adult Services Librarian

10:30—11:45 am Bus transportation will be provided.

Come join Dena for a new adventure at Rust Library. Dena is very enthusiastic and you are sure to have a great time Sign up in the lobby if you wish to attend.



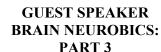
WANTED

Volunteer Assistance Needed at The Senior Center of Leesburg

Hospitality Friday 8:30am-10:30am

Home Delivered Meal Setup Friday 9:30am-11:00am

Training Provided
Please contact Jackie Mayne
703-737-8040



Thursday, November 16th 11:00am



Food For Thought Presented by: Michelle Rogers, Walton Wood



GUEST SPEAKER:

Reducing Inflammation Naturally

Natalie Kannan, Nutritionist with Giant Food

Monday, November 13, 2017 11:00 am

Many conditions such as diabetes, arthritis, and cancer, have been associated with chronic inflammation that can cause discomfort. Join us as we identify which foods throughout the aisles to limit, and which foods to increase, to naturally reduce inflammation in the body.



BOOK CLUB with Susan Crandall

Wednesday, November 8th 10:00 AM

November, Book of the Month "An American Childhood" by Annie Dillard



Prayer Group with Judy

Monday's 10:00 am-12:00 pm



with Iris Wednesday's, I I:00 am



Wii Bowling Tournament
Tournament

Monday November 6th 10:00 am

Medals to the winners.
Registration Deadline: 10/30/17.
Cost: \$2
RR# 127664-02



YOGA
With
Nargis
Every
Tuesday
10:00 AM

Intermediate Ukelele Class Tuesdays 12:45 PM



Instructors: Guy & Carolyn

The Senior Center of Leesburg 8 week session Limited to 10 persons



STITCH N B GIFT

If you are thinking of Christmas we have many gift items you can purchase to support the Senior Center.

So many choices of hat, scarves, and throws. See Carol or Doris on Monday and Fridays 9:00am-12Noon.

BLUE BIRD MONITORING

For three years our Senior Center has been part of the Virginia Blue Bird Society Trail system. On the edge of our parking lot and down by the baseball diamond, four bird houses are monitored by volunteers weekly during the Spring and Summer season. There's a surprise in every box! This year nests were filled with sparrows, wrens and a clutch of 3 Blue Birds. Special Thanks to Eli Florance, Carolyn Snyder, and Dorothy Corbin.



Stitch n' B

If you are thinking of Christmas, we have many gift items you can purchase to support the Senior Center of Leesburg. So many choices of hats, scarves, and throws. See Carol or Doris on Mondays and Fridays from 9:00am-12:00 noon.



LEARN TO PLAY GUITAR With Terry

Would you like to learn or remember how to play the guitar? Join us at 1:00 PM on Fridays for beginning guitar lessons. Bring your own instrument or use one of the two loaner guitars. Make sure you sign up in the lobby!



Librarian's Helper Needed!

Iris Dillard needs a willing librarian's helper. If you are interested in volunteering, please contact Cheryl Wheeler.



Blood Pressure Checks

INOVA nurse provides blood pressure checks in the health room. Wednesday, November 1, 2017 (10:00am-Noon)



Photography Club

Friday,
November 17th, 2017
10:00 am
With
Don & Pat

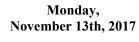


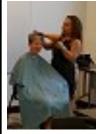
GUEST SPEAKER: Library Orientation

Meet with Dena and find out all the resources that Loudoun County Libraries have to offer. Thursday, November 2, 2017 at 11:00am



FREE HAIRCUTS with Amp Nanai & Ken Pratoomdat

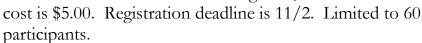




Limited to the first 20 members (last 5 of the 20 are for bus riders), doors open at 8:45 am for this event.

VETERAN'S DAY BREAKFAST

The Senior Center at Leesburg will be hosting a "Veteran's Day Breakfast" on **Thursday, November 9th at 9:00 am.** Enjoy a catered breakfast in honor of our veterans and their service to our country. Veterans can come dressed in uniform and share their story. Admission for Veterans is FREE. Members and guests,







Technology Assistance Friday, November 3rd, 2017 1:15-2:15 pm

The students from Loudoun County High School will be providing technical assistance so sign up and bring in your lap top, I-Pad, and cell phone. You will work one on one and receive expert help.

The Loudoun County Commission on Aging

The Loudoun County Commission on Aging, appointed by the Board of Supervisors, serves as an advisory board to the Loudoun County Area on Aging, the Board of Supervisors and other Loudoun County agencies on matters affecting older residents. The public is invited to the next Commission meeting, **Tuesday November 14th at 9:30 am at the PRCS Building-Ashburn, 20145 Ashbrook Place, Ste. 170, Ashburn, VA 20147.** For more information call the Area Agency on Aging office, 703-777-0257.

A Very Special Thank You....

... To all of our program moderators and instructors!

...To all of our Front office, Kitchen, and Café Lunch Volunteers and our Home Delivered Meals volunteers and our drivers!

...To all the volunteers, staff and participants for their help with our special events in September! Also, thank you to all of our guest speakers for the month of September.

...To Amp and Ken for all the free haircuts they provide to the Senior Center of Leesburg in Sentember!

.....To Defa Tian for so graciously filming our special events and taking pictures. It is greatly appreciated and enjoyed by all who come through our lobby at the center.

.....To the Advisory Board and Stitch 'n' B for donating the gift cards for the Birthday celebration, Minda, Doris & her arts and crafts group, and our anonymous member for the special treats for the birthday table, and Zumei Feng for playing the piano at our birthday celebrations and writing articles for our Senior Moments Bulletin Board. Thank you Debbie Newman for your assistance in decorating the senior moments board. To John Hart for all of your assistance with the set-up and Anne Wohlford and Georgia Huber with serving food at our Special events. Thank you to Carroll Howard for overseeing the Pool Tournament and keeping score. Thank you to Lois Powers for leading the Texas Hold 'Em Tournament. Thank you to Jen East for leading the Rummikub Tournament. Also, thank you to Joy Wheeler for her assistance to the staff.

.....To Ellen Nagel-Paris for tremendous help with our mailings of the newsletter and Home Delivered Meal correspondence and the collection of door prizes for our special events

..... A special Thank You to John and Gladys Hart who come in every morning and setup the dining room, make the goodie trays, start the coffee, setup the snack cart and do the laundry. We are so blessed to have you.

..... A special Thank You to Joe Pesi for being our maintenance man and fixing all our broken drawers in the kitchen and fixing our lunch donation box. You are very handy and we appreciate all you do.

..... A special Thank You to Kathy Kidwell for bringing in new containers for the kitchen.

......A special Thank You to the businesses that give us donations. Target, Giant, Starbucks, Bob Evans, Panera Bread and Costco.

......A special Thank You Suzanna Burke for providing plant care.

.....A special Thank You to all the Donation Pickup Drivers: Georgia Huber, Shirley Stauffacher, Ceil Emanuel, Jim Suit, Peggy Roberts, Gorge Gorji and to our sub drivers, John Hart, Cathy Ramuglia and Vera Lewis.

The Senior Center of Leesburg December

December 4th Classic Movie Monday, The

Holiday, 12:15 pm

December 7th Holiday Music Festival, 3:00-

5:00 pm

December 13th Lunch Birthday Celebration,

12:30 pm

December 15th Holiday Party/Lunch/Dance,

11:30 am-2:00 pm

December 19th Movie Night, "The Hero",

5:00 pm

December 20th Movie Day, "The Hero",

12:30 pm

December 29th New Years Eve Celebration w/

Chuck & Dan, 1:00-2:00 pm

The Senior Center of Leesburg 102 North Street NW, Suite B Leesburg, VA 20176

Address Correction Requested



Label Here